

# Bugs on a Log

Yield 1 servings

## Ingredients

### Bug Options:

raisins (regular or golden)  
 whole grain cereal (unsweetened)  
 peanuts (chopped)

### Log Options:

celery (cut in 3" pieces)  
 apples (quartered and cored)  
 carrot sticks (cut in 3" pieces)

### Spread Options:

cream cheese (low-fat with pineapple)  
 cheese (low-fat with pimiento)

## Instructions

Choose one "log" option, top with a spread and sprinkle with a "bug."

\*Recipe cost and nutrient analysis are based on using 3" celery piece, 1 tablespoon low-fat cream cheese and pineapple spread and 1/2 tablespoon raisins.

## Cost

Per recipe: \$0.19

Per serving: \$0.19

## Source

National Network for Childcare

Nutrition Facts	
Serving Size 1 3" celery log with spread and bugs (29g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 30	Calories from Fat 5
% Daily Value*	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 35mg	<b>1%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 4g	
<b>Protein</b> 1g	
Vitamin A 2%	• Vitamin C 2%
Calcium 2%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

# Turkey Burgers

Yield 4 Servings

## Ingredients

1 pound	turkey, ground
2	onion (medium)
3 tablespoons	lemon juice (or 1 lemon juiced)
1/4 teaspoon	Worcestershire sauce
1/4 teaspoon	parsley (dried or fresh)

## Instructions

1. Chop onions.
2. Combine onions, turkey, lemon juice, worchestershire sauce and parsley. Mix well.
3. Shape mixture into four patties.
4. Fry in a pan on medium heat or grill until internal temperature reaches 165 degrees F.

## Cost

Per recipe: \$4.93

Per serving: \$1.23

## Source

ONIE Project - Oklahoma Nutrition Information and Education. [Simple Healthy Recipes.](#)

Nutrition Facts	
Serving Size 1 burger (158g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 200	Calories from Fat 90
% Daily Value*	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 85mg	<b>28%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 4g	
<b>Protein</b> 25g	
Vitamin A 2%	Vitamin C 10%
Calcium 4%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

# Tastee Burgers

Yield 8 servings

## Ingredients

1 1/4 cup	lentils
3 cups	water
1 cup	onion (chopped)
1 cup	carrot (grated)
3 cups	bread crumbs (fresh)
1	egg
1 teaspoon	garlic powder
1/2 teaspoon	oregano (crumbled leaf)
1/2 teaspoon	salt
3 tablespoons	margarine
4 ounces	cheddar cheese (sliced)

## Instructions

1. Place lentils in a colander, rinse in cold water and drain.
2. In a medium saucepan, bring water to a boil. Add lentils, reduce heat to low, cover and cook for 15 minutes.
3. Add onion and carrots. Cook 15 minutes more or until lentils are tender.
4. Remove from heat and cool slightly.
5. Stir in bread crumbs, egg, garlic powder, oregano and salt.
6. Melt margarine in large skillet. Drop lentil mixture by rounded 1/2 cupfuls into hot margarine. Flatten mounds into patties and cook until firm and golden brown on both sides.
7. Top each patty with a thin slice of cheese.
8. Serve immediately.
9. Refrigerate leftovers within two hours.

## Cost

Per recipe: \$4.29

Per serving: \$0.54

Nutrition Facts	
Serving Size 1 prepared burger, 1/8 of recipe (238g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 390	Calories from Fat 110
% Daily Value*	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 1g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 590mg	<b>25%</b>
<b>Total Carbohydrate</b> 51g	<b>17%</b>
Dietary Fiber 11g	<b>44%</b>
Sugars 6g	
<b>Protein</b> 18g	
Vitamin A 50%	Vitamin C 6%
Calcium 25%	Iron 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Source

Washington State University Extension, Favorite Recipes for Family Meals

# Italian Pasta Salad

Yield 8 servings

## Ingredients

4 cups	pasta, cooked
2 cups	broccoli (blanched, pieces)
1 cup	carrot (cooked, slices)
1/2 cup	red pepper (strips)
1/4 cup	green onion (sliced)
1/2 cup	Italian salad dressing, light or reduced fat (can use 1/2 to 3/4 cup)

## Instructions

1. Mix all ingredients together and refrigerate for about 30 minutes before serving.

## Cost

Per recipe: \$2.84

Per serving: \$0.36

## Source

Oregon State University Cooperative Extension Service, [Oregon's Healthy Harvest Recipes](#)

## Notes

For a more hearty salad, add strips of cooked ham, a can of cooked red beans or sprinkle with grated cheese.

Nutrition Facts	
Serving Size 1/8 of recipe (153g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 150	Calories from Fat 20
% Daily Value*	
<b>Total Fat</b> 2.5g	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 3g	
<b>Protein</b> 5g	
Vitamin A 80%	Vitamin C 70%
Calcium 4%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

# Baked Beans

Yield 6 servings

## Ingredients

1 1/2 cup	navy, kidney or lima beans (dry, sorted and rinsed)
2 cups	water
2 cups	apple juice
1 teaspoon	salt
2 tablespoons	molasses
1/2 cup	ketchup
2 teaspoons	vinegar
1 teaspoon	mustard (dried)

## Instructions

1. Combine apple juice and water. Bring to a boil.
2. Add beans and simmer for 2 1/2 hours until beans are tender.
3. Drain beans, reserve the liquid.
4. Put beans and other ingredients in greased baking dish.
5. Cover and bake at 250° for 3 to 4 hours.
6. Uncover the last hour of baking and add some reserved liquid if beans become dry.

## Cost

Per recipe: \$1.58  
Per serving: \$0.26

## Source

Washington State WIC Program, [The Bold and Beautiful Book of Bean Recipes](#)

Nutrition Facts	
Serving Size 1/6 recipe (234g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories 230</b>	Calories from Fat 5
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 630mg</b>	<b>26%</b>
<b>Total Carbohydrate 45g</b>	<b>15%</b>
Dietary Fiber 11g	<b>44%</b>
Sugars 19g	
<b>Protein 11g</b>	
Vitamin A 4%	Vitamin C 8%
Calcium 8%	Iron 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

# Fresh Fruit with Cinnamon Yogurt Dip

Yield 4 servings

## Ingredients

1	apple
1	orange
1/4 cup	orange juice
1 cup	vanilla yogurt
1/2 teaspoon	cinnamon

## Instructions

1. Core and slice the apple.
2. Slice banana into thin circles.
3. Peel the orange and break it into sections.
4. Pour the orange juice into a small bowl.
5. Dip the fruit pieces into the orange juice to prevent browning.
6. Arrange on a plate.
7. Mix the yogurt and cinnamon in a small bowl.
8. Put the bowl of yogurt and cinnamon next to the fruit. Use it as a dip for the fruit.

## Cost

Per recipe: \$1.76

Per serving: \$0.44

## Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network  
Website Recipes

## Notes

Try making this with other favorite fruits.

Nutrition Facts	
Serving Size 1/4 of recipe (171g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 120	Calories from Fat 10
% Daily Value*	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 40mg	<b>2%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 20g	
<b>Protein</b> 4g	
Vitamin A 2%	Vitamin C 35%
Calcium 10%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

# Lemonade

Yield 1 servings

## Ingredients

1	lemon
3/4 cups	water
2 tablespoons	sugar

## Instructions

1. Cut lemon in half crosswise.
2. Place lemon half on juicer. Push and twist to squeeze out the juice.
3. Pour juice into glass. Add about 3/4 cup water.
4. Add sugar, stirring to mix ingredients.

## Create-a-Flavor Changes

- Squeeze one-half each lemon and lime.
- Squeeze one-half each lemon and orange.
- Add 1/4 cup apple juice concentrate and leave out the sugar.
- Use 1/4 cup seltzer water and 1/2 cup water.

## Cost

Per recipe: \$0.26

Per serving: \$0.26

## Source

Cornell Cooperative Extension, Division of Nutritional Sciences, Cooking Up Fun - A Pyramid of Snacks

Nutrition Facts	
Serving Size 1 glass lemonade approx. 1 cup (248g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 60</b>	Calories from Fat 0
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 10mg</b>	<b>0%</b>
<b>Total Carbohydrate 18g</b>	<b>6%</b>
Dietary Fiber 1g	4%
Sugars 14g	
<b>Protein 0g</b>	
Vitamin A 0%	• Vitamin C 40%
Calcium 2%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

# Magic Crust Quiche

Yield 6 Servings

## Ingredients

1 tablespoon	vegetable oil
1/2 cup	onion (chopped)
2 cups	vegetables (can use frozen, fresh or leftovers)
1 cup	cheddar cheese, low-fat (shredded)
3	eggs
1 1/2 cup	milk, 1%
3/4 cups	baking mix (like Bisquick)

## Instructions

1. Cook onion in oil (or cook with vegetables).
2. Cook vegetables (or use leftovers). Drain well.
3. Grease round pie pan or 8 x 8 inch baking dish.
4. Spread cooked vegetables in pan. Spread cheese on top of vegetables.
5. Mix milk, eggs and baking mix. Pour over vegetables and cheese.
6. Bake at 350 degrees F for 35 minutes, until a safe internal temperature has been reached and a knife inserted into the middle comes out clean.

## Cost

Per recipe: \$3.44  
 Per serving: \$0.57

## Source

ONIE Project - Oklahoma Nutrition Information and Education. [Simple Healthy Recipes](http://www.simplehealthyrecipes.com).

Nutrition Facts	
Serving Size 1/6 of recipe (178g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories</b> 200	Calories from Fat 60
% Daily Value*	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 100mg	<b>33%</b>
<b>Sodium</b> 340mg	<b>14%</b>
<b>Total Carbohydrate</b> 21g	<b>7%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 7g	
<b>Protein</b> 13g	
Vitamin A 20%	Vitamin C 6%
Calcium 25%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

# Lo's Blueberry Coffee Cake

Yield 8 servings

## Ingredients

1	egg
1/2 cup	non-fat milk
1/2 cup	yogurt, non-fat vanilla
3 tablespoons	canola oil
1/4 teaspoon	cinnamon
2 teaspoons	lemon peel (grated, yellow only)
2 cups	flour
1/2 cup	sugar
4 teaspoons	baking powder
1/2 teaspoon	salt
1 1/2 cup	fresh (or frozen unsweetened) blueberries
	Topping Ingredients:
3 tablespoons	sugar
2 tablespoons	walnuts (coarsely chopped)

## Instructions

1. Preheat oven to 400 degrees. Position rack in the center of the oven.
2. In a large bowl whisk together the egg, milk, yogurt, oil and lemon peel.
3. Sift the flour, sugar, baking powder and salt onto the liquid ingredients. Using a fork, stir very lightly, just until ingredients are combined.
4. Gently fold in the blueberries. Pour the batter into an 8- or 9-inch baking pan coated with nonstick spray.
5. In a small bowl combine the topping ingredients. Sprinkle evenly over the cake batter.
6. Bake a 400 degrees for 30 to 35 minutes or until the top is lightly browned and a wooden toothpick inserted in the center comes out clean.
7. Allow the cake to cool in the baking pan on a wire rack for at least 10 minutes.
8. Serve warm or at room temperature.

## Cost

Nutrition Facts	
Serving Size 1/8 of recipe (129g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories 310</b>	<b>Calories from Fat 80</b>
% Daily Value*	
<b>Total Fat 9g</b>	<b>14%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol 25mg</b>	<b>8%</b>
<b>Sodium 420mg</b>	<b>18%</b>
<b>Total Carbohydrate 54g</b>	<b>18%</b>
Dietary Fiber 2g	8%
Sugars 28g	
<b>Protein 6g</b>	
Vitamin A 2%	Vitamin C 6%
Calcium 20%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Per recipe: \$2.35

Per serving: \$0.29

## Source

California Department of Health Services, [California's Chefs Cook Lean California Project LEAN](#)

## Notes

When tightly wrapped in plastic wrap, this coffee cake will keep for 3 to 4 days in the refrigerator. It also freezes very well.

# Cafe Mocha

Yield 2 servings

## Ingredients

1/3 cup	milk (non-fat, dry)
1 cup	water
1 cup	coffee (brewed)
4 tablespoons	hot chocolate mix
	whipped topping (non-fat, optional)
	cinnamon (optional)

## Instructions

1. Heat reconstituted non-fat dried milk in saucepan until warm; do not boil.
2. Add coffee and hot chocolate mix. Stir well and heat to desired temperature.
3. Divide coffee mixture between two mugs. Top with non-fat whipped topping and cinnamon, if desired.

## Cost

Per recipe: \$0.91  
Per serving: \$0.46

## Source

United States Department of Agriculture, [USDA'S Collection of Nonfat Dry Milk \(NDM\) Recipes](#)

## Notes

You can substitute 1 cup skim milk for the reconstituted non-fat dried milk.

Nutrition Facts	
Serving Size 1/2 of recipe (297g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories</b> 180	Calories from Fat 5
% Daily Value*	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 38g	<b>13%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 34g	
<b>Protein</b> 9g	
Vitamin A 8%	Vitamin C 2%
Calcium 25%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

# Fruit Compote

Yield 5 servings

## Ingredients

1 can	pineapple chunks (8 ounces)
1 1/2 cup	orange juice
1 tablespoon	cornstarch
1	banana (medium, peeled and sliced)
1	pear (sliced in cubes)
2	peaches (sliced in cubes)

## Instructions

1. Drain the juice from the canned pineapple into a small saucepan.
2. Stir in orange juice and cornstarch. Blend until smooth.
3. Bring to a boil over medium heat, stirring constantly.
4. Let the juice mix cool to room temperature.
5. While the juice mix is cooling, peel and slice the banana. Wash the pear and peaches and cut them into cubes.
6. Pour the cooled juice mix into a large bowl. Add the pieces of pineapple, banana, pear, and peaches. Stir together.

## Cost

Per recipe: \$2.27  
Per serving: \$0.45

## Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network  
Website Recipes

## Notes

You can serve this compote in serving dishes, or over frozen yogurt or waffles.

Nutrition Facts	
Serving Size 1/2 cup prepared compote, 1/5 of recipe (236g)	
Servings Per Container 5	
Amount Per Serving	
<b>Calories</b> 130	Calories from Fat 5
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 34g	<b>11%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 27g	
<b>Protein</b> 1g	
Vitamin A 4%	Vitamin C 20%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

# A Simple Mexican Salad

**Yield** 4 servings

## Ingredients

2	cucumber
2	orange
1	lemon or lime (the juice)
1/2 teaspoon	chili powder
1/2 teaspoon	salt

## Instructions

1. Wash the cucumbers, oranges and lemon or lime under cold running water.
2. Slice the cucumbers. Peel and cut the oranges into small pieces.
3. Place cucumber and oranges in a medium size bowl. Add chili powder, lemon or lime juice and salt.

## Cost

Per recipe: \$2.24  
 Per serving: \$0.56

## Source

Oregon State University Cooperative Extension Service, Pictorial Recipes  
 Lynn Myers Steele, 2000  
 Oregon Family Nutrition Program

Nutrition Facts	
Serving Size 1/4 of recipe (221g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 50</b>	<b>Calories from Fat 5</b>
	<b>% Daily Value*</b>
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 300mg</b>	<b>13%</b>
<b>Total Carbohydrate 12g</b>	<b>4%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 9g	
<b>Protein 1g</b>	
Vitamin A 6%	• Vitamin C 80%
Calcium 6%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

# Chicken Pozole Soup

Yield 6 servings

## Ingredients

1	chicken (whole, skinned and cut into pieces)
8 cups	water
1/2 cup	onion (chopped)
1/4 teaspoon	pepper
1/4 cup	chili powder
8 ounces	tomato sauce (canned)
1/2 teaspoon	oregano (dried)
2 cans	hominy, white or yellow (15 ounce, rinsed and drained)
3 cups	iceberg lettuce (shredded)
6	lime wedges

## Instructions

1. Put chicken pieces in a large pot and cover with the 8 cups of water. Simmer over medium heat for 1 hour.
2. Add the chopped onion, pepper, chili powder, tomato sauce, and oregano to simmering chicken.
3. After the chicken is thoroughly cooked take the pieces out of the pot and remove most of the bones from the chicken and the pot.
4. Return chicken to the pot.
5. Add the rinsed hominy to the pot of chicken and simmer for another 45 minutes.
6. Serve with lettuce and a wedge of lime.

## Cost

Per recipe: \$8.21

Per serving: \$1.37

## Source

Oregon State University Cooperative Extension Service, Pictorial Recipes  
Lynn Myers Steele, 2000  
Oregon Family Nutrition Program

Nutrition Facts	
Serving Size 1/6 of recipe (671g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories</b> 270	Calories from Fat 50
% Daily Value*	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 75mg	<b>25%</b>
<b>Sodium</b> 680mg	<b>28%</b>
<b>Total Carbohydrate</b> 29g	<b>10%</b>
Dietary Fiber 7g	<b>28%</b>
Sugars 6g	
<b>Protein</b> 27g	
Vitamin A 40%	Vitamin C 20%
Calcium 8%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Notes

To make even healthier, use tomato sauce with no added salt.

# Hearty Mexican Soup

**Yield** 4 Servings

## Ingredients

1	onion (small, chopped)
4 cloves	garlic (minced)
1 can	tomatoes, diced (12-oz can, low sodium, drained and rinsed)
2 cans	black beans (15-oz can, low sodium, drained and rinsed)
2	potatoes (large, peeled and diced)
4 cups	water
1/2 cup	cilantro (fresh, chopped)
1/2	lime (squeezed)
1 pinch	cumin powder

## Instructions

1. In a large pot cook onion, garlic and tomatoes on medium-high heat for 3 minutes. Stir often.
2. Add beans, potatoes and water. Bring to a boil, then reduce to low-medium heat. Cover and continue to cook slowly for 20 minutes.
3. Add cilantro, cumin and lime. Stir and continue to simmer for 10 minutes.
4. Serve warm; sprinkle cilantro on top.

## Cost

Per recipe: \$5.65  
 Per serving: \$1.41

## Source

ONIE Project - Oklahoma Nutrition Information and Education. [Simple Healthy Recipes](http://simplehealthyrecipes.com).

Nutrition Facts	
Serving Size 1/4 of recipe (582g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 190	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 330mg	<b>14%</b>
<b>Total Carbohydrate</b> 44g	<b>15%</b>
Dietary Fiber 10g	<b>40%</b>
Sugars 5g	
<b>Protein</b> 8g	
Vitamin A 15%	Vitamin C 45%
Calcium 8%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

# Classic Honey Flan

**Yield** 4 servings

## Ingredients

1	egg (large, whole)
1/2 cup	egg substitute
	vegetable oil spray (non-stick)
1 1/2 cup	milk (fat-free)
7 tablespoons	honey
1 teaspoon	vanilla
1/2 teaspoon	lemon zest (grated)
1/2 teaspoon	cinnamon (ground)

## Instructions

1. Preheat oven to 325 F.
2. Place saucepan with water on stove over medium-high heat and allow to come to a boil.
3. Spray four ovenproof custard cups with vegetable oil spray.
4. Combine the whole egg, egg substitute, milk, 1/4 cup plus 1 tablespoon of honey, grated lemon zest, and vanilla. Beat until mixed but not foamy.
5. In a separate bowl, combine 2 tablespoons of honey and cinnamon, and mix to blend.
6. Place the custard cups in a baking dish large enough to accommodate them, plus the water bath. Spoon 1/2 tablespoon of honey and cinnamon into each custard cup. Divide the egg mixture equally into each custard cup.
7. Place the baking dish on the rack in the middle of the oven and pour the boiling water into the baking dish to a depth of 1 inch, taking care not to let the water splash the flan. Bake for 45 minutes or until the knife blade comes out clean when inserted.
8. Serve warm or cold. Before serving, loosen the edges with a knife or spatula and invert onto individual dessert plates.

## Cost

Per recipe: \$2.78

Per serving: \$0.69

Nutrition Facts	
Serving Size 1/2 cup (176g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 190	Calories from Fat 20
% Daily Value*	
<b>Total Fat</b> 2.5g	<b>4%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 125mg	<b>5%</b>
<b>Total Carbohydrate</b> 36g	<b>12%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 35g	
<b>Protein</b> 9g	
Vitamin A 8%	Vitamin C 2%
Calcium 10%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Source

National Heart, Lung and Blood Institute (NHLBI), [Delicious Heart Healthy Latino Recipes/Platillos latinos sabrosos y saludables](#)

# Horchata

Yield 5 Servings

## Ingredients

1 cup	white rice, long-grain uncooked
5 cups	water
1/2 cup	milk, 1%
1/2 tablespoon	vanilla extract
1/2 tablespoon	ground cinnamon
2/3 cups	sugar

## Instructions

1. Pour the rice and water into the bowl of a blender; blend until the rice just begins to break up, about one minute. Let rice and water stand at room temperature for about three hours.
2. Strain the rice water into a pitcher and discard the rice. Stir the milk, vanilla, cinnamon, and sugar into the rice water. Chill and stir before serving over ice.

\* Modification to [North Dakota State University recipe](#) (PDF | 2.23 MB) includes specifying use of 1% milk.

## Cost

Per recipe: \$1.08  
Per serving: \$0.22

## Source

[North Dakota Food and Culture: A Taste of World Cuisine.](#)

North Dakota State University Extension Service.

Recipe on p. 17.

## Notes

Horchata is a traditional Mexican beverage made with rice and flavored with lime, cinnamon, or sugar.

Nutrition Facts	
Serving Size 1/5 of recipe (322g)	
Servings Per Container 5	
Amount Per Serving	
<b>Calories</b> 160	Calories from Fat 5
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 20mg	<b>1%</b>
<b>Total Carbohydrate</b> 38g	<b>13%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 28g	
<b>Protein</b> 2g	
Vitamin A 2%	Vitamin C 0%
Calcium 4%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

# Corn Tortillas

**Yield** 12 servings

## Ingredients

2 cups	masa harina (instant)
1/4 teaspoon	salt
2 tablespoons	unsalted butter (at room temperature)
1 1/2 cup	water (warm)

## Instructions

1. Measure the masa harina and salt into a large bowl. Cut the butter into tablespoon-sized pieces and work it into the dry ingredients using the back of a wooden spoon. Add the water and mix with a wooden spoon or with your hands until a soft dough forms. Cover the dough with a clean cloth and let rest for 5 minutes.
2. Divide the dough into 12 pieces and roll each piece into a ball.
3. To keep the dough from sticking to the tortilla press, put a piece of plastic wrap (or a plastic bag) on the bottom surface of the press. Put a ball of dough in the center of the plastic. Then place another piece of plastic wrap on the top of the dough. Press the dough flat in the press.
4. Pick up the tortilla with the plastic on both sides. Peel off one piece of plastic (which can be reused). Flip the tortilla off of the plastic onto a hot griddle. Cook for 1 to 2 minutes, until the bottom of the tortilla becomes golden. Flip the tortilla and press lightly with a spatula, which will make the tortilla puff slightly. Cook for one to two minutes more, until the tortilla appears to be done.

## Cost

Per recipe: \$0.39  
Per serving: \$0.03

## Source

New Mexico State University Cooperative Extension Service, Cooking with Kids  
Lynn Walters and Jane Stacey  
USDA Food and Nutrition Service Food Stamp Nutrition Education Program

<b>Nutrition Facts</b>	
Serving Size 1 tortilla, 1/12 of recipe (51g)	
Servings Per Container 12	
Amount Per Serving	
<b>Calories 80</b>	Calories from Fat 25
% Daily Value*	
<b>Total Fat 2.5g</b>	<b>4%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 50mg</b>	<b>2%</b>
<b>Total Carbohydrate 14g</b>	<b>5%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 0g	
<b>Protein 2g</b>	
Vitamin A 2%	• Vitamin C 0%
Calcium 2%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

# Flour Tortillas

**Yield** 10 servings

## Ingredients

2 cups	flour (all-purpose, or 1 1/2 cup all purpose flour and 1/2 cup whole wheat flour)
1 teaspoon	baking powder
1/2 teaspoon	salt
2 tablespoons	vegetable oil (or shortening)
3/4 cups	water (warm, 105-110 degrees F)

## Instructions

1. In a large bowl, combine flour, baking powder, and salt.
2. Add oil and mix until crumbly.
3. Start with 1/2 cup of water and add 1 Tablespoon at a time until mixture forms a loose crumbly ball.
4. Turn onto a lightly floured surface; knead 6 to 8 times or until smooth.
5. Divide into 10 balls. Roll each piece into an 8 inch circle.
6. Heat a 12 inch dry skillet over medium-high heat. Place one tortilla at a time into skillet and cook until light brown spots appear on bottom. Turn over and cook on other side until lightly browned.

## Cost

Per recipe: \$0.29

Per serving: \$0.03

## Source

Montana State University Extension, Nutrition Education Programs, [Montana State University Recipes](#)

Nutrition Facts	
Serving Size 1 tortilla (44g)	
Servings Per Container 10	
Amount Per Serving	
<b>Calories</b> 120	Calories from Fat 25
% Daily Value*	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 170mg	<b>7%</b>
<b>Total Carbohydrate</b> 19g	<b>6%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 0g	
<b>Protein</b> 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

# Migas "Crumbs"

**Yield** 4 servings  
**Cooking time** 20 minutes  
**Total time** 20 minutes

## Ingredients

4	tortillas (large)
3 tablespoons	canola oil
1/4 cup	bell pepper
1/4 cup	onion
4	egg (lightly beaten)
4 tablespoons	cheddar cheese, low-fat (grated)

## Instructions

1. Wash hands and cooking area.
2. Tear tortillas into small pieces.
3. Heat oil in a medium-sized pan.
4. Add tortillas and stir until pieces begin to brown.
5. Add peppers and onion; sauté until soft.
6. Add eggs; stir until the eggs are cooked.
7. Remove from heat and sprinkle on the grated cheese.
8. Cover the pan and let cheese melt.
9. Serve immediately.

## Cost

Per recipe: \$1.56  
 Per serving: \$0.39

## Source

Texas Cooperative Extension, The Texas A&M University System, Expanded Nutrition Program

Nutrition Facts	
Serving Size 1/4 recipe (138g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 330	Calories from Fat 170
% Daily Value*	
<b>Total Fat</b> 19g	<b>29%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 185mg	<b>62%</b>
<b>Sodium</b> 450mg	<b>19%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 3g	
<b>Protein</b> 12g	
Vitamin A 6%	Vitamin C 10%
Calcium 10%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	